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Forget the safety pins: Punk rock themed accessories are one of the biggest trends in home decorating PAGE 15

EYE OF THE RIDERS

GREY CUP HOSTS HOPE REVAMPED ROSTER CAN MAKE THREE TIMES STILL THE CHARM PAGE 18

LOVE RULES THE DAY

Supporters of gay marriage embrace outside the U.S. Supreme Court in Washington on Wednesday, after the court cleared the way for same-sex marriage in California by holding that defenders of that state's gay marriage ban did not have the right to appeal lower court rulings striking down the ban. **Story, page 6.** CHARLES DHARAPAK/THE ASSOCIATED PRESS/THE CANADIAN PRESS

A waiting game for flood evacuees

Crews scramble to save community. Cumberland House, First Nation residents flee as river rises

Evacuees Laurent Goulet and Melinda Vallier sit outside the Henk Ruys Soccer Centre in Saskatoon. MORGAN MODJESKI/METRO IN SASKATOON

About 1,000 rural Saskatchewan flood evacuees are in Saskatoon, Prince Albert and other communities, while crews struggle to save their town and First Nation from incoming high water.

The Saskatchewan government is scrambling with contractors to construct berms in the Cumberland House area — cut off by a closure of its main road — in advance of floodwater rushing in from the west on the Saskatchewan River.

"We have a few days before the water peaks in that community," Duane McKay, head of emergency management for the province, said on Wednesday in Regina.

"A lot of contractors went in just before the road closed. Some of that includes excavators … dump trucks, loaders and bulldozers. All of that equipment is in there, and they're working 24 hours a day. We anticipate it will be two or three days more before the major parts of the berm builds are completed."

Approximately 240 of the more than 2,000 Cumberland House residents are staying in Saskatoon. About 180 evacuees are at the Henk Ruys Soccer Centre, while another 60 are in hotels throughout the city.

Evacuees have recounted their experiences in being forced from their homes because of the rising river, saying it was a fast and turbulent process.

"It was kind of hectic, actually. Everybody was getting into vans and people didn't know where their kids were at times, because they were just throwing people in vans," said Melinda Vallier, while sitting with her partner, Laurent Goulet.

"The water was coming in really fast," said Goulet. "We had to get out of there fast before the roads flooded."

Though the residents have been brought out of their homes, their pets have been left behind due to a lack of space for them to be moved to. The province is, however, taking action to keep them looked after.

"Everything moving in and out of the community by helicopter," McKay said at the government's emergency operation centre.

"We've moved about 1,500 pounds of dog food into the community. And we've organized, under the authority of the community, groups that will go around and check the family houses and make sure the pets are exercised, and that they get some water and food so they're nice and healthy when the families return." ROSS ROMANIUK AND MORGAN MODJESKI/METRO

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West-central Sask. man dies after contracting hantavirus

Contact. People are exposed to the virus by inhaling contaminated air particles from the droppings of deer mice

MARCO VIGLIOTTI
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One man in west-central Saskatchewan has died after contracting the hantavirus, and another death in the region could be linked to the rare but potentially fatal ailment, health officials announced Wednesday.

Officials refused to disclose any personal information, but said both were adults — a man and a woman — and hailed from the Heartland Health Region, which includes Kindersley and Rosetown.

While declining to provide details as to how the adults contracted the disease, Dr. Saqib Shahab, the province's chief medical health officer, explained that the hantavirus is an airborne illness spread by deer mice — a rodent seen throughout Saskatchewan.

People are exposed to the virus by inhaling contaminated air particles from the rodent's droppings. In fact, officials say it is rare for someone to contract the virus after being bitten by a mouse.

In most cases, Shahab said, people come into contact with the virus when cleaning outdoor lodgings such as cabins or farms that are frequented by the rodents.

"In almost (all) cases there is some history of cleaning up a shed or garage," he said. "That's the most common exposure."

Though the virus is rarely contracted — there have been only about 70 cases in Canada since 1989 — Shahab said it is fatal about one-third of the time.

Before this recent case, the last reported death in the province from the virus was in 2011.

Most reported hantavirus cases in Saskatchewan come from the west-central region, Shahab added.

Deer mice

Word of caution

The Saskatchewan government is urging residents to take caution this summer to avoid exposure to deer mice droppings and urine.

Health officials say people can greatly reduce their chances of contracting the virus by properly ventilating buildings that often attract mice. They advise residents to open windows and doors for 30 minutes before entering a building, in addition to blocking openings the mice might use to get inside.

Bleach or damp cloths can be used in areas contaminated with rodent droppings to reduce the chances of the hantavrius becoming airborne.

Dr. Saqib Shahab, the province's chief medical health officer, said the hantavirus is an airborne illness spread by deer mice. Deer mice, inset, are a rodent species found throughout Saskatchewan. MARCO VIGLIOTTI/METRO; INSET/CONTRIBUTED

First responders go head-to-head for blood donations

Krista Ball of Canadian Blood Services holds bags of blood at a mock crash scene. ROSS ROMANIUK/METRO

People take vacations. The need for blood does not.

Based on that truth, Regina cops and emergency responders went head to head on Wednesday in a contest for a common goal.

The Sirens for Life competition entered the starting gates outside the Canadian Blood Services (CBS) complex, with the city's police, firefighters, emergency medical services and RCMP from the capital region each trying to spur more blood donations than the other three groups in July and August.

"It's a good way to illustrate the need," Krista Ball, community development coordinator with CBS, said after the annual event began outside the organization's offices on Broad Street.

"Their friends, family and anybody else can come to any blood donor clinic in Saskatchewan, donate blood and have it count toward one of the departments."

The winning group among the police and emergency crews, Ball pointed out, is awarded "bragging rights for the year, and just the knowledge that they helped save however many lives throughout the summer."

The campaign was launched as crews responded to a mock crash of a Saturn car and extricated a role-playing victim.

"You would be hard-pressed to find anyone in this community whose life hasn't been touched somehow by the need for blood," said city police spokeswoman Elizabeth Popowich. ROSS ROMANIUK/METRO

Emergency response

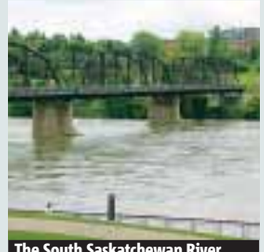
Saskatoon river still dangerous: Officials

With water being released into the South Saskatchewan River from the now stabilized Gardiner Dam, the City of Saskatoon has downgraded its emergency response from level two to level one.

However, as water is not expected to return to a normal level for another seven to 10 days, the city continues to warn residents that the river is a dangerous place.

"We're getting no indication that there will be any changes at this point," said Dan Paulsen, general manager of Saskatoon Fire and Protective Services.

"But it's still moving at that 2000 cubic meters per second." METRO



The South Saskatchewan River METRO

Health

Province sets up prostate centres to get men tested

A new way to help men with prostate cancer has officially launched in Saskatchewan.

The Saskatchewan Prostate Assessment Pathway makes it easier for men to get tested, find information and get medical advice.

Assessment centres are located at St. Paul's Hospital in Saskatoon and Pasqua Hospital in Regina.

Specially trained nurses at those centres are able to spend more time with patients either in person or by video.

The centres began accepting patients in May. THE CANADIAN PRESS

Twelve members

New group will work on crime-reduction strategies

The Saskatchewan government has reached out to a group of renowned academics for insight on reducing crime in the province, creating an informal advisory council that includes corrections and policing specialists as well as addiction and mental health experts.

The 12-member group — chaired by Dale McFee, Saskatchewan's deputy minister of corrections and policing — held its inaugural meeting on Wednesday in Regina. The government said, however, that the group will communicate mostly through a special website instead of through such get-togethers.

Corrections and Policing Minister Christine Tell said the council represents the government's commitment to basing its policy choices on "solid research" and "global best practices."

Tell touted the council members as "recognized leaders" in their fields and said it's necessary to incorporate many disciplines to tackle the issue.

"It is important to stress the council represents a number of disciplines," she said. "This is consistent with our provincial (crime-fighting strategy) which is based on collaboration across a number of our ministries within government and service areas."

The council is the brainchild of McFee, a former police chief of Prince Albert, Sask., and includes University of Saskatchewan corrections professor Stephen Wormith as well as University of Regina economics professor Ken Sagynbekov.

McFee said the council and provincial government are ready to take on this important task.

"You got a government and a group that is willing to take on its challenges," he said. "They're not willing to push their challenges on — we are going to take them head-on."

All the council members are participating on a volunteer basis, while the provincial government says the only costs of the project are accommodation and travel expenses from this meeting. They're expected to total $15,000, according to the government.

MARCO VIGLIOTTI/METRO

Minister of Corrections and Policing Christine Tell addresses the media on Wednesday. MARCO VIGLIOTTI/METRO

City OKs more cab licences to address taxi shortage

Hailing a ride to get a bit easier. Regina aims to ultimately have one cab for every 1,250 people

ALYSSA MCDONALD
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The city is looking to add more cabs to Regina streets in hopes of addressing a taxi shortage, though the vehicles will not hit the roads until May of next year.

Members of city hall's executive committee voted on Wednesday to accept a recommendation for six temporary taxicab licences, to be handed out through a lottery system. It will next go to a city council vote.

"It's the beginning of catching up for the years that we did not expand any of our licences, even though our population was growing," Mayor Michael Fougere said after the committee meeting.

The ratio that council hopes to achieve is one cab for every 1,250 people in the city, or approximately 155 taxis. With this addition, 132 cabs will be roaming Regina streets.

This is, incredibly, only the second time since 1966 that the city will add taxicab licences. In 2012, more than 700 applicants applied for six licences, which were given out on a lottery system. All those winners chose to join the same taxicab broker. The addition in 2012 was part of a larger restructuring of the taxi system in Regina, which requires cabs to get GPS technology, computer-aided dispatching and security cameras by 2014.

Pending approval by city council, the taxis will be on the streets next May before a review is conducted in 2015 to determine whether even more cabs should be added.

Taxis wait at the Regina International Airport on Wednesday afternoon. The city recently announced a plan to deal with its cab shortage. ALYSSA MCDONALD/METRO

Sci-fi film Stranded premieres in Queen City

Christian Slater, left, and Amy Matysio star in the Regina-produced film Stranded, which premiered in the Queen City on Wednesday night. CONTRIBUTED/ALLAN FEILDEL

A science fiction, horror movie filmed in the Queen City went to the big screen on Wednesday night.

A sold-out house of invitation-only guests at Galaxy Cinemas Regina saw the premiere of Stranded, starring Christian Slater and Regina native Amy Matysio.

"This movie will be interesting because it's definitely something I am not known for in film and TV," Matysio said from Toronto, hours before the premiere.

"The last time I was in something that showed on the big screen in Regina was Just Friends — a romantic-comedy."

The film, set on a base on the moon, focuses on a spore from a meteorite getting on board and infecting the four astronauts, including Slater's and Matysio's characters stationed there.

"It's a lot of action. I think people will be riveted to the edge of their seats," said Kevin DeWalt, Stranded's producer and president of Regina-based Minds Eye Entertainment.

For filming last July, the Canada Saskatchewan Production Studios complex was transformed into a space station set while the production relied almost completely on a Saskatchewan crew.

"It was 100 per cent produced in Saskatchewan," said DeWalt. "It's high quality, and people will think it was shot in L.A. or New York or Toronto."

DeWalt said they relied on the now-defunct Saskatchewan Film Tax Credit to help support their production.

After the Regina premiere, the movie will have a limited release in larger U.S. centres including New York City, Los Angeles and Chicago on July 26, as well as a screening at Comic Con in San Diego, Calif., on July 18.

ALYSSA MCDONALD/METRO

Canada at work

Statistics Canada released its second batch of figures Wednesday from its voluntary National Household Survey, looking at labour, education, the workplace, commuting, work language, mobility and migration. Here's a roundup of four things you need to know:

THE CANADIAN PRESS

Commuting

Some 15.4 million Canadians endure a daily commute to and from work, most of them behind the wheel. Four out of five commuters took a private vehicle, while 12 per cent took public transit, up from 11 per cent in 2006. The disproportionate popularity of driving in the age of climate change may boil down to a single factor: Time. Private-vehicle commuters spent an average of 23.7 minutes getting to work, nearly half the 40.4 minutes it took bus riders.

Post-secondary education

For the first time women have bypassed men in terms of post-secondary education, with 64.8 per cent of working-age women having a post-secondary education, compared with 63.4 per cent of men. Women accounted for 59 per cent of Canadians aged 25 to 34 with a university degree, compared with 47.3 per cent of their 55- to 64-year-old counterparts.

Temporary foreign workers

More than 330,000 workers live and work in Canada as part of the federal temporary foreign worker program — a number that has nearly tripled over the past 10 years, with the bulk of those job-seekers going west in search of work. The program was originally designed to attract skilled employees to address temporary labour shortages. The emphasis shifted in 2002 to low-skilled workers, such as those in the food and beverage industry, construction and retail.

Cyclists

The latest batch of data shows no difference in the percentage of Canadians who rode their bike to work in 2011 and 2006. That number remains unchanged at 1.3 per cent. That works out to 201,785 cyclists out of more than 15 million commuters. Another 880,800 commuters, or 5.7 per cent, reported walking to work each day.

No takers so far on Trudeau's offer to refund speaking fees

Justin Trudeau has yet to pay back a dime of the public-speaking fees he earned while sitting as an MP.

The Liberal leader promised 10 days ago to reimburse any group that feels it didn't get its money's worth.

But a spokeswoman says no group has sought repayment — other than the Grace Foundation, a New Brunswick charity that first sparked the controversy over Trudeau's past moonlighting on the public-speaking circuit.

And it's not entirely clear whether even the foundation still wants its $20,000 back.

Kate Monfette says Trudeau last week asked the foundation to specify whether it wants its money back in cash or "some other arrangement," such as having him headline another fundraising event — for free, this time.

She says the foundation has yet to respond.

Foundation board member Susan Buck first wrote in March to the Speakers' Spotlight, the agency through which Trudeau was hired for a June 2012 fundraising event, to seek a refund on the grounds that the event actually lost money.

The letter wound up being circulated by Prime Minister Stephen Harper's office earlier this month and became fodder for a concerted Conservative offensive against Trudeau for taking money from charities rather than donating to them.

Trudeau voluntarily disclosed last February that he's earned more than $1.3 million on the public-speaking circuit since 2006, including $277,000 from 17 groups since he was first elected in 2008.

THE CANADIAN PRESS

Liberal Leader Justin Trudeau speaks at a news conference on Parliament Hill in Ottawa on Wednesday. ADRIAN WYLD/THE CANADIAN PRESS

Alberta floods

High River evacuees still stranded

The Alberta government says any return by residents to the town hardest hit by flooding is still days away. The mayor of High River had suggested that a timeline to go back was close, but Rick Fraser, the government member appointed to oversee the town's recovery, said Wednesday that it was still being finalized. Crews are still working, he said, to restore basic services.

THE CANADIAN PRESS

Assault charges

Driver attacked by sword-wielding pedestrian

A 25-year-old Pickering, Ont., man is facing charges after a pedestrian pulled a sword from his pants and threatened a driver he'd accused of blocking a crosswalk. The motorist suffered minor injuries. Mudasser Sheikh is charged with two counts of assault with a weapon.

THE CANADIAN PRESS

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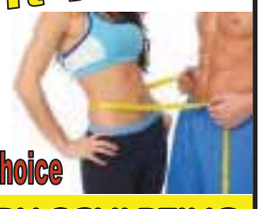

NFL bombshell. Patriots' Hernandez charged with murdering friend

Aaron Hernandez, left, stands with his lawyer, Michael Fee, in court in Attleboro, Mass., on Wednesday. THE ASSOCIATED PRESS/POOL

New England Patriots tight end Aaron Hernandez was arrested and charged Wednesday with murdering a friend.

The bombshell development came more than a week after Boston semi-pro football player Odin Lloyd's bullet-riddled body was found in an industrial park about a mile from Hernandez's home.

Prosecutors say Lloyd had angered the NFL player at a nightclub a few days earlier by talking to the wrong people.

Hernandez, 23, was taken from his North Attleborough home in handcuffs on Wednesday morning.

About two dozen supporters cheered, some yelling, "We love you, Aaron."

Less than two hours after the arrest, the Patriots announced they had cut Hernandez, a 2011 Pro Bowl selection who signed a five-year contract last summer worth $40 million.

Lloyd was a 27-year-old athlete with the Boston Bandits who was dating the sister of Hernandez's fiancée.

He was shot repeatedly in the back and chest on a secluded gravel road, authorities said.

Hernandez "drove the victim to that remote spot, and then he orchestrated his execution," prosecutor Bill McCauley said.

Lloyd's family members cried and hugged as the prosecutor outlined the killing. Two were so overcome with emotion that they had to leave the courtroom.

If convicted, Hernandez could get life in prison.

Hernandez's lawyer, Michael Fee, asked for bail, saying Hernandez is not a flight risk. The judge ordered Hernandez held without bail.

THE ASSOCIATED PRESS

Quoted

"It is at bottom a circumstantial case. It is not a strong case."

Michael Fee, Hernandez's lawyer

The puck drops. Teen hockey player charged with on-ice assault

A 17-year-old hockey player has been charged with assault causing bodily harm after an on-ice incident.

It happened during a game in Woodstock, Ont., police said Wednesday. It's alleged a player was assaulted by another player.

"The decision to lay a criminal charge was not taken lightly and was based on an objective review of the evidence, including video evidence, and on factually based legal opinions from the Crown attorney's office," said Woodstock police Chief Rod Freeman.

The 17-year-old who is charged cannot be identified. He is to appear in court on July 11.

THE CANADIAN PRESS

Pot of gold at the end of the rainbow ... flag

Historic decision. Top American court ruling gives same-sex couples a full array of tax, health and pension benefits

A marriage made in Toronto was at the heart Wednesday of a landmark U.S. Supreme Court ruling on gay marriage.

The top court struck down the Defense of Marriage Act on a historic day that also cleared the way for same-sex marriage in California.

The ruling on the federal U.S. legislation known as DOMA gives spouses in same-sex unions a full array of tax, health and pension benefits.

The challenge to the legislation was spearheaded by 83-year-old Edith Windsor, a New Yorker who married her longtime partner, Thea Spyer, six years ago in Canada.

When Spyer died in 2009, the federal government cited DOMA to force Windsor, who's now ailing, to pay $363,000 in taxes on her late wife's estate — taxes that wouldn't have been levied if she'd been married to a man.

THE CANADIAN PRESS

President's choice

- U.S. President Barack Obama hailed the U.S. Supreme Court's ruling that people in same-sex marriages are entitled to the same federal benefits as heterosexual married couples.
- The court "has righted a wrong and our country is better off for it," Obama said.

Gay premier

Wynne tweets her happiness

Canada's only openly gay premier welcomed an historic U.S. Supreme Court ruling.

"I am so happy for our neighbours to the south," Ontario's Kathleen Wynne posted on Twitter.

Wynne, 60, included a link to a video in which she talks about the day she married her partner, Jane Rounthwaite.

THE CANADIAN PRESS

Rainbow flags fly at San Francisco City Hall on Wednesday after a U.S. Supreme Court ruling cleared the way for same-sex marriage in California. JEFF CHIU/THE ASSOCIATED PRESS

Where's Snowden? Ecuador playing it cool over asylum

Moscow's main airport swarmed with journalists from around the globe Wednesday, but the man they were looking for, National Security Agency leaker Edward Snowden, was nowhere to be seen.

The mystery of his whereabouts only deepened a day after President Vladimir Putin said Snowden was in the transit area of Sheremetyevo Airport.

There were ordinary scenes of duty free shopping, snoozing travellers and tourists sipping coffee but no trace of America's most famous fugitive.

Adding to the uncertainty, Ecuador's foreign minister said it could take months to decide whether to grant asylum to Snowden.

Ecuador says it could take months before it decides to grant asylum to America's most famous fugitive, Edward Snowden. THE ASSOCIATED PRESS FILE

Snowden, who is charged with violating American espionage laws, fled Hong Kong over the weekend and flew to Russia.

He booked a seat on a Havana-bound flight Monday en route to Venezuela, but didn't board the plane. His destination was believed to be Ecuador.

Putin insisted Tuesday that Snowden has stayed in the transit zone without passing through immigration and is free to travel where he likes.

But the U.S.'s move to annul Snowden's passport may have severely complicated his travel plans.

Exiting the transit area would require either boarding a plane or passing through border control, both of which require a valid passport or other documentation.

THE ASSOCIATED PRESS

RetailMeNot offers Canadian website

Online deals. Coupon destination aims to create 'more relevant' experience for buyers north of the border

RetailMeNot.ca has coupons and offers from retailers such as Aeropostale, Roots, Banana Republic, J.Crew, Lowe's, Sears and Starbucks. SCREEN GRAB/RETAILMENOT.CA

Some savvy shoppers never complete an online purchase before launching a quick search to see if any money-saving coupons are available online.

The option to insert a coupon or promo code during checkout is a good hint that the e-tailer may be offering discounts to those in the know.

In the U.S. and other markets around the world, RetailMeNot — which logged more than 450 million visits globally in 2012 — is a top destination for finding those coupons.

And plenty of Canadians have also been using the search tool, even if it wasn't set up to offer discounts in Canada.

On Wednesday, the company announced the launch of RetailMeNot.ca to better serve the scores of Canadians who have already been using the site in search of deals.

"We should've been here probably a while ago," head of communications Brian Hoyt said.

"We've had millions of visits from Canadian consumers coming to the U.S. site and quite frankly we were offering them a sub-optimal experience. Now we've created something that's more relevant to them."

Canadians who visit the site will see coupons and specials from retailers including Aeropostale, Banana Republic, J.Crew, Lowe's, Roots, Sears and Starbucks. Some of the deals aren't exclusive to the site and are the same specials consumers would see in a flyer or on a store's website.

Canadians can still access RetailMeNot.com with its database of U.S.-based coupons and deals and Hoyt said he expects that side of the site will be a little more popular than the .ca section.

"We think it's going to follow the split you see in e-commerce overall for the Canadian market," he said.

"I think our site's a good overall indicator of the direction that e-commerce is going in." He estimated the split to be 60 per cent interested in U.S. sites and 40 per cent for Canadian sites.

THE CANADIAN PRESS

Wellies and rucksacks mean its Glastonbury time

Gates opened Wednesday at a U.K. dairy farm that will be hosting one of the largest music festivals in the world — Glastonbury Festival of Contemporary Performing Arts. While some arts and music festivals struggle to sell tickets, Glastonbury, now in its 43rd year, sold out in minutes before any of the headliners had been confirmed. The festival, which started in 1970 when several hundred hippies paid one pound to watch Marc Bolan, now attracts more than 175,000 people over five days. Arctic Monkeys, Mumford and Sons and the Rolling Stones are playing. MATT CARDY/GETTY IMAGES

Selling strategies. Care for some Coke with your cereal?

Get people to swap tea or coffee for soft drinks with breakfast — that's one of the strategies Coca-Cola's main bottler in Europe is targeting to boost sales in the United Kingdom.

Coca-Cola Enterprises Inc. issued a report last week identifying ways it can increase sales over the next five years in the region. One category titled Complete the Meal notes that breakfast is often referred to as the most important meal of the day, with about one-quarter of all drinks being consumed before 10 a.m.

"How do we motivate people to make soft drinks, like smoothies, juices and other on-the-go products, part of their morning ritual in the same way as tea or coffee?" the report asks.

In a statement, the firm said it was referring specifically to smoothies and juices in suggesting breakfast as an area for growth.

The optimistic report comes as soda consumption has been fading in developed countries such as the U.S. amid concerns that it fuels weight gain. To combat criticism, Coca-Cola Co. began airing TV ads this year that explain what it's doing to fight obesity. THE ASSOCIATED PRESS

Cash flow. Leading YouTube channels pull in six figures

It seemed like an Internet hoax to the parents of Laine Gleason when he signed a contract to make gaming videos on YouTube.

He was, after all, staying up until 5 a.m. at his parent's house on Vancouver Island, playing Call of Duty and making Internet videos about it. How was a second-year university dropout ever going to make money, especially on the Internet?

"Career-wise, it's going from just playing video games with your friends, uploading some silly videos to YouTube to, you know, a career. It's definitely been a mind-blowing experience for me," said Gleason, 23.

The top 1,000 YouTube channels are pulling in an average six-figure salary, earning about $23,000 a month, according to data compiled by MDG Advertising. Those same top-tier channels are generating a massive amount of activity online: 25 million comments and 55 million "like" ratings each month.

By the numbers

$23K

The top 1,000 YouTube channels are earning an average of $23,000 a month, according to research by MDG Advertising.

Gleason's channel, IAmTheAttack, boasts more than 170,000 subscribers. Many of his game videos have more than 200,000 views. Online success aside, how much of that traffic is translated into real cash?

"To give you an idea, I've been supporting myself and my fiancée for the last two and a half years, just from YouTube alone," Gleason said.

His channel just barely cracks the Top 100 list of YouTube channels in Canada by subscribers.

TORSTAR NEWS SERVICE

High River, Alta.

Floods force Canada's largest beef plant to halt slaughter

Flooding in southern Alberta has forced the largest beef plant in Canada to stop slaughtering cattle.

Cargill Ltd.'s facility outside High River depends on large volumes of clean water from the town's treatment plant, which hasn't been working since floods heavily damaged the community.

Brigitte Burgoyne, a company spokeswoman, said the meat packer stopped slaughtering cattle last Thursday and won't be able to resume until High River's water plant is fixed. "We are hoping to get the process up and running in the next week or so, but we still don't have a clear date as to when that will be," she said. THE CANADIAN PRESS

Market Minute

DOLLAR
95.43¢
(+0.27¢)

TSX 11,951.90 (- 53.51)

OIL $95.50 US (+18¢)

GOLD $1,229.80 US (-$45.30)

Natural gas: $3.71 US (+6¢)
Dow Jones: 14,910.14 (+149.83)

SKALD
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The MSI Computer Camps are a set of summer camps dedicated to helping youth develop skills in computer related areas.
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TAKE THE ROAD LESS ARGUED

HE SAYS
John Mazerolle
metronews.ca

As I get older, I fear I may be slipping into the deep, dark abyss of bright, easy vacations.

The horror, the horror.

I'm in Amsterdam at the moment, and it's about as easy as it gets, unless you're allergic to bicycles, fear small serving sizes and can't tolerate tolerance. (Toronto Mayor Rob Ford would hate it here.)

I've always prided myself on my ability to fling myself into strange places with just a tent and a backpack and my wits — all three smaller than you might imagine. But more and more often when I travel I find myself striving for the easy way in. Niagara Falls, not Victoria Falls. Hotels, not hostels.

It makes me vaguely sad, and has me worrying I'll regress into that guy on the tour bus with the Hawaiian shirt asking if "you all get McDonald's around here."

I've been having a running debate with myself during this trip about the "right way" to travel. If you've never been to the Munk Debates, it's just like that. If you have been to the Munk Debates, never mind.

It goes like this:

Easy: Vacationing should be easy, duh. That's why it's called a vacation. Probably. I'm lying here on vacation and I'm too lazy to look it up.

Hard: Get up you sack of suet. Travelling should be a challenge. I can relax at home. I see Facebook cover photos of people's toes on beaches and their feet scream at me like Chekhov's gun. Use them before it's too late!

Easy: Gee, you sound like a blast to travel with. If you have the means to enjoy yourself, do it. Don't deny it because of some misguided need to feel cool. You're like the guy that orders suicide wings just to say you did, even if it's as enjoyable as getting a live chicken to peck at your face.

Hard: At least that's a story to tell. You have a whole world to explore, full of wonders and dangers and excitement, and when you come back all you'll be able to say to people is that it was "nice."

Easy: It isn't always easy. I just paid four euros for 200 milliliters of Pepsi. Who wants 200 ml of anything?

Hard: Well, that's certainly worthy of Jacques Cartier. Do you think you'll be OK?

Easy: You're such a snob.

Hard: Snob?

Easy: Snob.

(Reminder: Just like the Munk Debates.)

Easy (cont.): You treat travelling like a private club, where the only people deemed worthy are ones who have seen enough to be considered cool, like there's a velvet rope around developing countries or something. I don't need a VIP ticket to see the Earth, snob.

Hard: You know what's snobby? Expecting to be waited on hand and foot by people making crap money while you lounge around doing nothing. All you need is a vomit bucket and you're Julius Caesar. And from what I've heard about cruise ships, you might need that bucket.

Easy: I don't want to argue anymore. I'm on vacation.

Hard: I'd rather be challenging myself anyway. Let's get a drink.

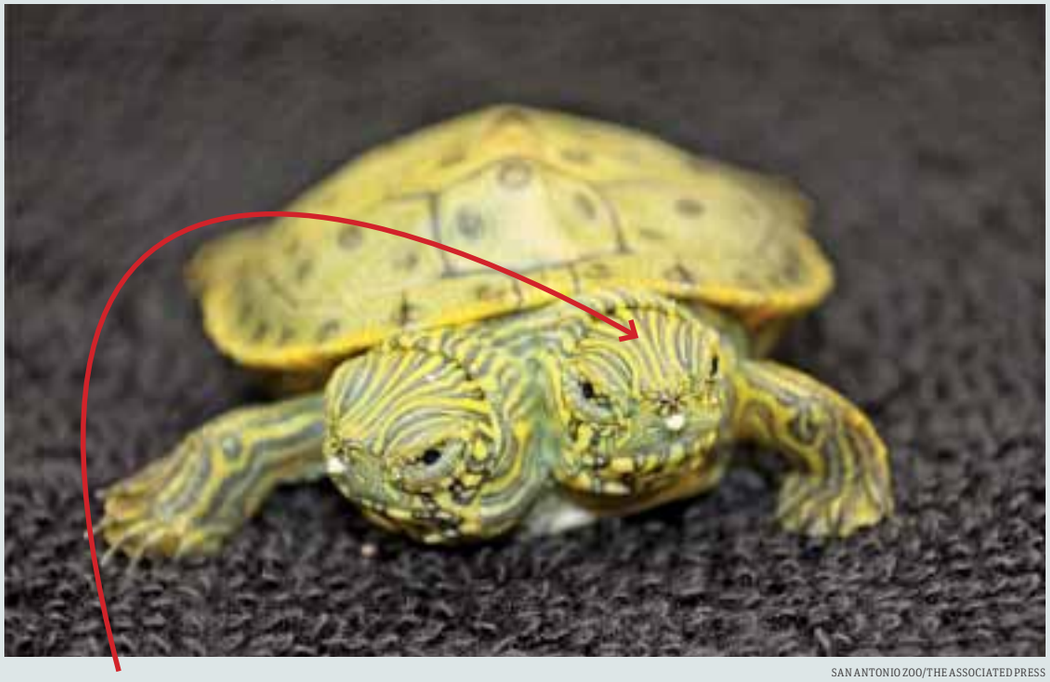
Easy: 200 ml of Heineken would go down easy. You're paying.

Hard: That's what I'd prefer.

(Reminder: If you'd like a transcript of this important debate, you should get out more.)

ZOOM

One way to get ahead in life



SAN ANTONIO ZOO/THE ASSOCIATED PRESS

Two-headed turtle makes its debut

Thelma and Louise, a two-headed Texas cooter turtle, is seen at the San Antonio Zoo. Zoo officials on Tuesday said the Texas cooter was born June 18.

The turtle was one of several Texas cooters born this month at the zoo, but the only one with two heads. The zoo is no stranger to two-headed reptiles. The facility was home to a two-headed Texas rat snake named Janus from 1978 until the creature's death to 1995.

THE ASSOCIATED PRESS

Let's put our heads together

- Zoo spokeswoman Debbie Rios-Vanskike said the two-headed turtle appears healthy and is able to swim and walk. She says experts at the zoo don't foresee any health issues for Thelma and Louise, named for the female duo in the 1991 Oscar-winning road movie of the same name.

Clickbait

LUKE SIMCOE
Metro Online

Are you tired of composing text messages with 26 measly letters and a few punctuation marks? Give these apps a spin to add some visual flair to your texting game.

Emoji:

While most North Americans are familiar with the iconic (-: smiley face, Japanese texters have taken pictographs to a whole new level. Newer iPhones actually have a built-in emoji keyboard (you just have to enable it under the international keyboards setting), but there are a host of apps available for Android users and Apple laggards.

SMS Rage Faces:

Popular on social sites like Reddit and 4chan, these pictures can be used to express the full gamut of online emotion, from rage at reading the comments section to the shock and awe of a cute cat gif. The iOS edition even integrates with your camera to let you stick pics on top of your friends' faces.

Look of Disapproval:

Similar to Rage Faces, this app lets you copy and paste all kinds of unicode emoticons into your texts. From Big Ears Sad Look to Hitler Look Of Disapproval, there's something for everyone.

Twitter

@metropicks asked: Coca-Cola will try to get Brits to swap their morning coffee for pop. Would you make the switch?

@theunshakable1: Why? The British bad teeth stereotype isn't bad enough? Really trying to drive that point home...

@FrenchmanCanada: Totally! I've always wanted to be morbidly obese and contract diabetes.

@LauraBabcock: barf

@GiseleLumsden: Really? Eww

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

metro
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LEAF/VEER

MONKEY BUSINESS IMAGES/VEER

NOT ALL CREDIT CARDS ARE CREATED EQUAL

These days, most credit cards are enhanced with points programs designed to give customers something extra for their dollars spent. But when it comes to premium travel rewards, RBC Infinite Avion card is a step above the rest.

"Avion really brings the statement 'not all points are created equal' to life," says Andrea Metrick, director, retail credit cards, RBC.

Avion offers unmatched travel benefits with a policy of "any flight, any airline, anytime."

"Clients can easily redeem their points for travel even during peak times like March break," Metrick says. "There are no blackout periods or seat restrictions. And your points won't expire, so you can save up for a really big trip if you choose. This really resonates with our cardholders."

What do clients like most about Avion?

"Our customers are busy people who appreciate ease and convenience, but they also want flexibility and choice when it comes to redeeming their RBC Rewards points for travel and other rewards," Metrick says.

Clients have the option of converting points to WestJet dollars, British Airways Avios, American Airlines AAdvantage miles, Cathay Pacific Asia Miles, Shoppers Optimum Points, or Esso Extra Points.

Another advantage is the ability to earn bonus points for any travel-related purchase (flights, hotels, car rentals, etc.).

"Instead of the usual one RBC Rewards point for every $1 spent, you get an extra 25 per cent for travel purchases," Metrick says.

"Customers can earn points even faster when shopping online through the RBC Rewards eMall, an exclusive e-commerce site where they can access more than 250 Canadian and U.S. retailers and earn points up to five times faster.

"Avion also provides great opportunities to use points for merchandise, gift cards and RBC financial rewards," Metrick adds.

For example, a customer can convert their points to top up an RRSP or pay down an RBC loan or line of credit.

"It's this kind of flexibility that really puts Avion cardholders in the driver's seat."

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SCENE

The Dead South is headed west — suspenders and all

Hitting the road. After months of playing house parties, band embarks on 23-show tour

BACKSTAGE PASS
Alyssa McDonald
alyssa.mcdonald@metronews.ca

Bluegrass-folk band The Dead South, seen here at the Cathedral Village Arts Festival, are kicking off their first tour with a show at The Exchange on Friday night. SUPPLIED/ANNA PRINGLE

Armed with white button-down shirts, black suspenders and ties, Regina band The Dead South is taking their act on the road for their first tour.

What originally began as a fun rouse for the young band a few months ago has now developed into an old-school signature style for the bluegrass/folk foursome.

"It's a lot of fun just to dress up," said Nate Hilts, vocalist and guitarist, adding that their unique getup fits in whether it's Brad Wall's Premier Dinner or a small town pub.

The Dead South — made up of Danny Kenyon, Nate Hilts, Colton Crawford and Scott Pringle — has been playing shows for the last eight months at house parties and music venues and is now taking their sounds on the road on a 23 show, 28 day tour of Saskatchewan and Alberta.

Their stops include playing the main beach at Katepwa Lake for Canada Day and the All Folk'd Up Music Festival in Montmartre, before crossing into Alberta with their van and trailer in tow.

"It will just be a lot of fun to be able to focus totally on music (and) not worry about work or anything else," said Colton Crawford, who plays the banjo for the band. "It will just be totally music for just about a month."

"This will be a huge bonding experience and it will be just exciting to see how other people take our music," added Hilts.

The band has only played one other show out of the Regina area, in Red Deer this February, and cellist Danny Kenyon says although they are a bit nervous about playing in front of a new crowd, "being totally accepted into a place is pretty awesome."

"Hopefully that will happen in most places (on this tour) — some places it probably won't but we are prepared for that," added Crawford.

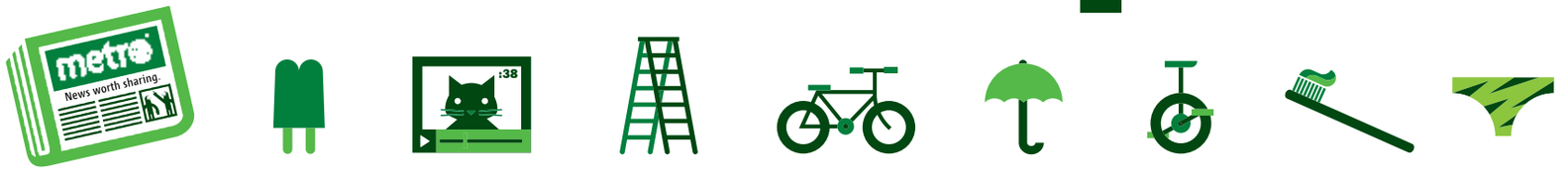
They will start their tour off playing in front of loyal fans at The Exchange on Friday night, which is also the release of their first EP, called The Ocean Went Mad and We Were to Blame, which is a live-recorded five-song disc of some of their favourite tunes.

Although they agree their main style is a mix of bluegrass and folk, Kenyon said their songs do have a distinctive sound with a mix of vocals, guitar, mandolin, banjo and the cello.

"We have so much different background. I'd say pretty much none of us have a full-on bluegrass folk background. ... I was straight up classically-trained," said Kenyon.

The Dead South are opening for Descalso Friday night. Doors open at 8:30 at The Exchange and admission for the all-ages show is $12.

Sharability



Sitcom veteran's return will make for a good Knight

The Exes. Seinfeld's Newman and Jurassic Park's Dennis Nedry may define Wayne Knight but there is more to his career and him than those nasty guys

MATT PRIGGE
Metro World News in New York City

Wayne Knight will star alongside former Third Rock From The Sun co-star Kristen Johnston in The Exes. GETTY IMAGE

Wayne Knight's legacy is sealed, thanks to two major contributions to 1990s culture: Newman on Seinfeld and greedy Dennis Nedry in Jurassic Park. Knight returns to sitcom work with TV Land's The Exes, now starting its third season, which also reunites him with his Third Rock From the Sun co-star Kristen Johnston. But like many old workhorses, there's more to him, including films, shows and Broadway work. For instance, did you know he was on a 1980s sketch comedy show with Emma Thompson?

What's it like returning to sitcoms?
Basically the nature of the job is equivalent to stealing. Once you've learned how to pilfer, you remember how to do it, it's highly profitable, and it takes little effort.

You've said one thing you like about your Exes character is he's a bit opaque, and you can play him in different ways.
This season we get to see a bit more variance. We peel away revelations about what his marriage was like. There's depth to him that doesn't show all the time. There's broadness at times. There's cynicism. It just depends on where he is in the plot.

Do you consciously try to avoid some of the darker tones of Newman or Dennis Nedry?
It's more in the public's eye than mine. I don't know if I'm as versatile as I'd like to pretend (laughs). The thing is if you play two iconic characters who are evil guys, if you do it well, then that's what people want to see you do. I spent 19 years trying to change that, but after awhile you just go, "Oh, whatever."

Do you have a strong rapport with your cast mates?
Everyone assumes that when you're doing a show with people, you're intimate and you're going to go over to their house and you go out on a boat together. That's not necessarily the case. Often times you'll have the wolf and the sheepdog thing — "Hi, Ralph," "Hi, Fred." Then you go home. I find that everything on this set gets along. We have great respect for each other.

You started as a serious stage actor when?
I came to New York at 23, and was on Broadway for this play Gemini, which was a comedy. I honed my chops over three years of doing that play. What was fascinating to me (was) learning how an audience works. You just learn these things about comic timing.

One of your earlier shows — the 1985 British-American sketch comedy Assaulted Nuts — had you working with Emma Thompson. What was the experience of that show?
It was an interesting thing, partly because Emma Thompson was in it. This was before she became Dame Emma. We're still friends, because I just think when you find somebody like that you try not to let them go. It was three British actors and three Americans and it was airing simultaneously on Cinemax and Channel 4 in Britain. It sunk in the middle of the ocean, because you're trying to combine British and American sensibilities. I don't know if it worked, but it was fun to do.

As far as films, you were in two separate Oliver Stone movies: Born on the Fourth of July and JFK.
I had very little to do in Born on the Fourth of July. I had to push Tom Cruise into the Democratic Convention with John C. McGinley. We did this improv as we were shoving him through. I think Oliver was impressed I kept up with John C. He's just a verbal gymnast.

What was Stone like?
It's kind of like if you drank a bottle of booze and woke up from a fetid, sweaty dream, and there was somebody in the room. That would be Oliver Stone (laughs). You respect him and are frightened of him.

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2. INFERNO Dan Brown
In the heart of Italy, Harvard professor of symbology Robert Langdon is drawn into a harrowing world centered on history's most enduring and mysterious literary masterpiece – Dante's Inferno.
Last Week: 2 / Weeks on List: 5

This Week		Last Week	Weeks on List
★ 3.	EYE OF GOD James Rollins	-	1
4.	THE GREAT DEGENERATION Niall Ferguson	4	2
5.	REVENGE WEARS PRADA Lauren Weisberger	5	4
6.	ZERO HOUR Clive Cussler	6	5
7.	SILVER STAR Jeannette Walls	3	3
8.	ONE HEART TO WIN Johanna Lindsey	8	3
★ 9.	BEAUTIFUL DAY Elin Hilderbrand	-	1
10.	DELICATE TRUTH John Le Carré	10	8
11.	THE SECRET RACE Tyler Hamilton	11	2
12.	FLIGHT OF THE EAGLE Conrad Black	12	6
13.	KILL ROOM Jeffery Deaver	7	4
14.	WAITING TO BE HEARD Amanda Knox	14	2
15.	TRANSATLANTIC Colum McCann	15	4
16.	WILD Cheryl Strayed	16	13
17.	LET'S EXPLORE DIABETES WITH OWLS David Sedaris	17	10
18.	RED SPARROW Jason Matthews	18	3
19.	BEST KEPT SECRET Jeffrey Archer	9	9
20.	DOUBLE CROSS Ben Macintyre	20	7

Combined Fiction and Non-Fiction Bestsellers for the week, ending July 2nd
★ New this week

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Jennifer Aniston. ALL PHOTOS GETTY IMAGES

Aniston engagement on the rocks over East Coast row

Wedding bells may not be ringing after all for Jennifer Aniston and Justin Theroux, as their marriage plans have reportedly stalled due to a dispute over where to live, according to Radar Online.

"He suggested the couple could live in New York City part-time, no more than six months a year," a source says.

"Justin misses the Big Apple and his friends. His entire life was in New York, and he uprooted his entire life to move to L.A. to be with Jen. He thinks it's time Jen start to compromise, but she is absolutely refusing to live on the East Coast, even part-time."

Emma Watson

Abracadabra, she's famous ... even if she didn't know it

Despite making it big as a child actor, Emma Watson says she didn't actually feel famous until she got to college at Brown University.

"It sounds stupid, or completely unbelievable, but that was when I realized that I was famous," she tells Teen Vogue.

"I think, in a way, I was very protected during Harry Potter because I was working all the time. I would get in the car, go to the studio and go home."

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Brown continues bumbling his way around

Jeez, rough week Chris. Just two days after being accused of assaulting a woman in a San Diego nightclub, Chris Brown has been charged with a hit and run as well as driving without a license by the Los Angeles City Attorney's office, according to E! News.

On May 21, Brown allegedly struck another car but refused to give his driver's license number and fled the scene.

His arraignment is set for July 15, and he faces up to six months in jail and a $1,000 fine for each offense. It's unclear how the new charges will effect Brown's ongoing probation for his assault of Rihanna.

Victoria Beckham

No acting experience, no problem

Victoria Beckham thinks her husband, David, can do anything — even be the next to play James Bond.

"I think you would be really good at acting. I think you'd be great," Victoria tells David during a joint interview with Chinese news station CCTV. "I think he should be James Bond. He'd be a good James Bond."

David isn't so sure another career is exactly what he needs right now, though.

"I have some friends who are actors," David says. "Tom Cruise is a very good friend of ours. But I don't think I have any plans to become an actor. I'm not sure I'd be very good at it."

Heidi Klum

Klum committed to making Seal extinct

What's more final than a divorce agreement? How about getting a tattoo removed. Heidi Klum is apparently really, truly done with ex-husband Seal, as recent photos of the model seem to show that she is in the process of removing a tattoo on her forearm that she got in 2008 to commemorate their fourth anniversary, according to Splash News. The tattoo is a stylized design of Seal's name, along with the initials of the three children they share.

Twitter

@AmandaBynes
OH MY GOD! THAT'S NOT ME! They morphed my face onto someone with a different face shape! I'm suing any site/magazine that shares that image!

@SethMacFarlane
Great day with Charlize Theron & Liam Neeson on A Million Ways to Die in the West. All I have to do as a director is observe & sip bourbon.

@TomArnold
How do the "I don't regret anything I've ever done" dudes teach their sons anything?

Wave goodbye to boring

You've got it braid. Sweating the summer 'do dilemma? Weave together a Hollywood mane-stay and every hipster's must-have hairstyle.

TINA CHADHA
Metro World News

You love the Veronica Lake waves actresses such as Jessica Alba and Jessica Chastain sport on the red carpet, but you just can't get over a dreamy braid crown, either (especially as temperatures continue to rise). Jenny Balding, styling and grooming expert at Cutler/Redken Salons, says to combine the two.

She shows us how to create a modern version of the popular retro trend by adding an oh-so-now braid to the mix.

"It's rock 'n' roll with the braid," says Balding. "And it's a way of getting the hair off your neck without having to do an updo."

Bring on the outdoor weddings!

Jessica Alba sweeps it to the side while Jessica Chastain brings her red hot tresses to the red carpet. GETTY IMAGES

Hairdo how-to

- Create a deep side part.
- Blow out your hair with a big round brush to give it volume.
- Using a 1-inch barrel curling iron, curl your whole head, working from mid-length to the ends only. Hold the iron vertically and wrap small sections of hair around the barrel toward your face. Only when doing the front of the hair, or bangs, wrap your hair around the barrel away from your face. Balding uses Redken's Fashion Works 12 for texture and grip.
- Once the hair has cooled, use a boar bristle brush to gently brush out curls.
- Next, section off hair underneath the part. Working at an angle, French braid the section halfway down the hair. Tie the braid with a clear elastic, such as Snag-Free Hair Elastics from Sephora, and sweep it across your shoulder underneath the waves.

Pre-style secrets

- Wash your hair the night before so it's clean but lived-in a little.
- Before starting, apply a volumizing lotion to the roots for body. Balding uses Redken's Rootful 06.
- For a polished finish, add a drop or two of argan oil from mid-length to ends.

Vogue's The Wedding Guide.
VOGUE / THE ASSOCIATED PRESS

Here comes the guide...

There are the stylish brides who wear the beautiful gowns and have their hair and makeup just so, and there are the stylish weddings, where everything from the bridal ensemble to the parting presents has the touch that makes it all seem special.

Vogue.com put together a wedding guide just in time for all those summer nuptials. The Associated Press asked editor Jessica Sailer Van Lith to put together a list of signs that the affair will be one to remember:

It's personal
The wedding, from beginning to end, should seem like it belongs to the bride and groom, not like they've plugged into someone else's dream.

They've gone local
Couples can embrace the place they were so thoughtful in choosing by offering touches of local cuisine, decor or music.

The bride looks like herself
She shouldn't look for a "perfect dress" because there are too many of those, says Sailer Van Lith. What a bride should want is the right dress, and from there it should be easy to pick everything that goes with it, she says.

THE ASSOCIATED PRESS

Fashion in a flash

There's a Rachel for that

Rachel Zoe is expanding her empire with a fashion app. The stylist/reality star/designer has partnered with social gaming company Crowdstar to launch Covet Fashion, a game that allows users to style virtual mannequins with current-season designer duds. METRO

Urban gardening: balcony to table

Living. Annie Novak gives us the dirt on starting our edible garden

Your lack of closet space certainly hasn't stopped you from shopping.

So why let your lack of outdoor space stop you from enjoying sweet pleasures such as fixing dinner with sprigs of basil from your own window box?

Annie Novak, urban farmer extraordinaire — she's the co-founder and farmer of Eagle Street Rooftop Farm, a 6,000-square-foot organic vegetable farm in Greenpoint, New York City — shows us how to get started.

First you need: The three essentials

1. Sunny spot: "Regardless of your space, it's light that plants need to grow," says Novak. "That's how they make food."

2. Deep pot: "For balcony gardening, the first thing that people need to know is that plants ideally live in about 18-inch-deep soil," says Novak. "So you don't want to grow stuff in a yogurt container. You want to get a proper pot. The shallower the vessel the more evaporation and moisture loss in the soil, and the more stressed out the plants' roots will be."

3. Good dirt: "Buy a potting soil that has a compost blend in it," says Novak. "I do not recommend chemical fertilizers in your potting soil for the very simple reason that it's like having a cup of coffee — it gives you an energy boost for a minute and then after that you crash." Novak says key words to look for when buying your soil are: "compost, humus and any product that comes from the ocean." She says, "A lot of bags will say, 'has seaweed in it' or 'enriched with lobster meal.' Almost any of those are going to be really good fertilizers that are added naturally to your soil."

Tips

- **Start with seeds.** "One of the best reasons to grow your own food is so you can grow a purple carrot instead of an orange carrot," says Novak. "I like to grow things from seeds because when you buy the seed package you're choosing from a much larger range of varieties, like 13 kinds of mint, which is exciting. In the food we eat we're losing so much diversity, and it sounds cheesy, but the privilege and power of growing your own food is you get to be the person who keeps these amazing heirloom seeds out in the world."
- **Be responsible.** "If you have a terrace or a balcony, make sure that anything you put out there is heavy enough so that it will never fall off," says Novak. "With a rooftop, it's the same thing; you need to have safe access, a parapet that's the right height and then containers that are big enough that they won't blow off the roof."
- **Tomato fever.** "If you are fixated on tomatoes, start with cherry tomatoes," she says. "There's one variety called sun gold. It's a beautiful tomato, it's one of my favourites for gardening with kids."

Even in a small space, make sure you have enough sun to make sure your plants grow. ISTOCK IMAGES

Pick your crop

Once we have our sunny spot, good soil and a deep pot, what are some easy vegetables to start off with? "Tomatoes are not! I find it fascinating that people always plant tomatoes because tomatoes are actually more prone to bad care," Novak says. "If you're a first-time gardener, it's not an easy crop to take care of. I hear so many complaints from people who are like, 'My tomatoes never make tomatoes!' And I say, 'Yeah, well, there are nine things going against you.' This is the logical way to think about it: The first thing all plants do is grow a root, and then they grow two leaves, and then after that they start growing more leaves. And once they have enough leaves and sunshine, then they're like, 'OK, we're set with our sugar, let's make flowers, fruits and seeds.' So if you're an apartment gardener and you're growing in a stressed environment, you want to grow plants where you eat the leaves, because plants are going to foliate no matter what you throw at them." METRO

Doing some urban gardening on your balcony? Make sure it doesn't fall off! ISTOCK IMAGES

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Above prices include house, lot, GST, connection fees & piles. Images are artist renditions and are subject to change.

Late '70s punk style hits home

Never had the courage to be a punk-rocker in high school? Well here's your change to add a bit of alternative attitude to your life; this time it's not in the form of your clothing, but your home. Think British flags, acid wash, skulls, neon, black and white. Punk decor is one of the most glamourous decorating trends happening today, so get with the trend this time around!

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

A mix-matched flag motif adds a bit of British punk to your floors. Hey Jack carpet tiles. $18 each. FLOR.COM

Black, white and grunge all over; just add neon coloured sheets for a punk vibe. Graffiti 5-Piece Comforter Set, $70. HOMESENSE

Mid-century modern gets the rocker denim treatment. Chichester Accent Chair, $1,600. DECORIUM.COM

Pretty in pink — punk style. Large Insightful Skull Candle, $48. URBANOUTFITTERS.COM

Pricey but very designer-punk-chic! Porter Teleo's hand-painted Floral Graffiti Wallpaper, $52 per square foot. PRIMAVERA.COM

Shed some light punk-rock style, and paint the room all black while you're at it. Modern Switch's Skull Decor Light Switch Cover, $11. ETSY.COM

A rebellious art school dropout now making it big, Suzanne MacRury's Black & Red Slash 36x60 mixed media painting, $3,200. AGO.NET

Be the hippest (and driest) rebel around, Pasotti Skull and Crossbone Umbrella, $195. RAINDROPSTO.COM

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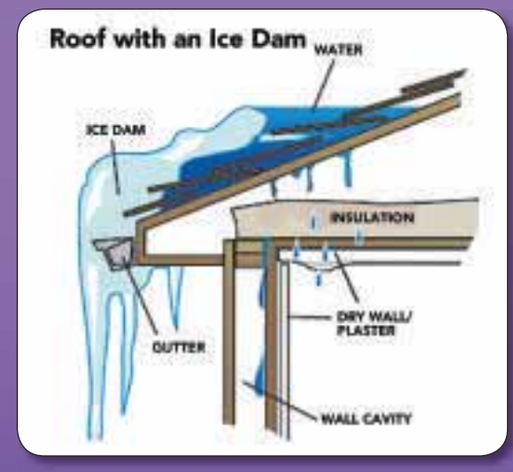

An ice dam can occur when snow accumulates on the roof of a house with inadequate insulation. Heat conducted through the insufficient insulation warms the roof and melts the snow on those areas of the roof that are above living spaces, but does not melt the snow on roof overhangs. Eventually, ice accumulates along the eave and in the gutter. Snow that melts later cannot drain properly through the ice on the eave and in the gutter, resulting in leaks which lead to damaged ceilings, walls, roof structures and insulation. Right now the Government is offering grants to homeowners who want to protect their homes by reinforcing their existing attic insulation. There is no better time to protect your home.

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Tired steak kebobs, make room on the barbecue for a new Syrian twist

1. With a vegetable peeler, peel the eggplants lengthwise in strips, leaving strips of skin between each peeled strip. Then cut the eggplants into rounds 1 1/2 to 2 inches (4–5 cm) thick. Set aside.

2. In a bowl, mix the meat, dakka and salt. Preheat the barbecue. Oil the grill well with vegetable oil. Make little meatballs about the same size as the eggplant rounds.

3. Skewer the eggplant rounds and meatballs alternately onto the skewers, slightly flattening the meatballs between the eggplant slices as you do so. Grill for 8 to 10 minutes on each side, until the eggplant is tender. Serve hot with pita and bell peppers or hot peppers.

4. For a softer flavour, precook the eggplant and meatball skewers on the barbeque. Remove the eggplant rounds and meatballs from the skewers and arrange them on a buttered baking dish. Dot with butter. Add 1/2 cup (125 ml) of water. Cover and bake in the oven at 350 F (175 C) for 30 to 45 minutes. **RECIPES PRINTED WITH PERMISSION FROM FLAVOURS OF ALEPPO: CELEBRATING SYRIAN CUISINE BY DALAL KADÉ-BADRA AND ELIE BADRA (WHITECAP)**

Ingredients

- 12 long, narrow eggplants
- 1 1/2 lbs (750 g) ground lamb or lean ground beef
- 2 tsp (10 ml) ground dakka
- 2 tsp (10 ml) fine salt

Dakka

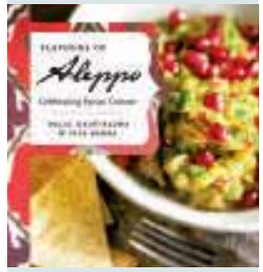
Dakka is a mix of spices. In Flavours of Aleppo, dakka boasts allspice (40 per cent), ground black pepper (30 per cent), crushed cinnamon (10 per cent), whole cloves (10 per cent), whole green cardamom (5 per cent) and ground nutmeg (5 per cent).

Kebobs and Eggplant

This recipe serves four to six people. FROM FLAVOURS OF ALEPPO: CELEBRATING SYRIAN CUISINE

Cookbook of the Week

A unique cuisine



In Flavours of Aleppo: Celebrating Syrian Cuisine, Dalal Kadé-Badra and Elie Badra explore the cuisine of the country's second largest city.

Turkey, Greece, Armenia and the rest of the Levant have influenced Aleppian cuisine so the book includes versions of many classic Levantine dishes such as kabob, kibbeh (bulgar, onion and ground meat) and mezzes.

Also among the recipes are nearly 100 meat and vegetarian main and side dishes, barbecue bites, desserts, sweets and even drinks. **METRO**

Quickly Made Falafels will disappear in a hurry too

For this Quickly Made Falafels recipe, falafel mix — ground chickpeas and spices — is usually sold, boxed, in most supermarkets.

1. Batter: In a large bowl, mix the falafel mix, baking powder, cumin and coriander with a fork. Add the water and egg. Mix well and let sit for 30 minutes. Heat 1 1/4 inches (3 cm) vegetable oil in a large pan. Form small patties with the help of a falafel press or by hand. Make a hole in the centre of each patty with your index finger.

2. Fry the patties for 1 to 2 minutes on each side in the hot oil until they become crispy. Set aside.

3. Sauce: In a bowl, mix the tahini, lemon juice, salt and yogurt together, gradually adding the water to obtain the desired consistency. Set aside.

4. To serve, arrange the falafels on a platter with a bowl of diced tomatoes, a bowl of diced pickled turnips and a bowl of the tahini sauce.

5. To make sandwiches, crush two falafels in a small pita and fill to your liking with the accompaniments.

This recipe makes 12 - 15 patties. FROM FLAVOURS OF ALEPPO: CELEBRATING SYRIAN CUISINE

Ingredients

Batter
- 1 cup (250 ml) falafel mix (purchased)
- 1 tsp (5 ml) baking powder
- 1 tsp (5 ml) ground cumin
- 1 tsp (5 ml) ground coriander
- 3/4 cup (175 ml) water
- 1 egg, beaten
- vegetable oil for frying

Sauce
- 1/2 cup (125 ml) tahini (sesame seed paste)
- 2 tbsp (30 ml) fresh lemon juice
- 1/2 tsp (2 ml) fine salt
- 1 1/2 tbsp (22 ml) yogurt
- 1/2 to 3/4 cup (125 to 175 ml) water

Biscuits Mille-Feuille

1. Line an 8- × 8-inch (20 × 20 cm) pan with plastic wrap, draping the wrap over the sides.

2. In a pot, melt the chocolate on medium heat with the cream. Set aside half of the melted chocolate mixture and refrigerate.

3. Dip 10 biscuits in the coffee (making sure the whole biscuit gets dipped) and arrange in a layer on the bottom of the pan. Cover with a thin layer of chocolate. Repeat the biscuit and chocolate layers, making five layers and finishing with a biscuit layer. Bring the plastic wrap up over the biscuit to cover the Mille-Feuille (use more plastic wrap if needed). Refrigerate for 4 to 6 hours.

4. Re-melt the remaining chocolate and cream mixture on low heat. Remove the plastic wrap and turn the Mille-Feuille upside down onto a serving plate. Pour the melted chocolate overtop and decorate with raspberries. Let the chocolate set and become cold before serving.

Ingredients

- 13 oz (400 g) 72% dark chocolate
- 1 cup (250 mL) 35% cream
- 60 tea biscuits (purchased)
- 3/4 cup (185 mL) strong espresso coffee or orange juice
- raspberries, for garnish

EVENTS, SHOWS, PLACES TO GO

CONTRIBUTED

CANADA DAY AT WASCANA PARK

July 1

This year's celebration includes a 21-round gun salute, main stage and kids' stage, face painting, beer gardens, fireworks and much more.

THE LIEUTENANT GOVERNOR'S GARDEN PARTY

July 1

The Garden Party takes place from 1 to 4 p.m. on the grounds of Government House. Entertainment, children's activities and complementary refreshments are provided. The formal program will take place at 2:15 p.m. All are welcome, and admission is free. ltgov.sk.ca/news-and-events/garden-party

QUEEN CITY CRUISE IN

July 5 to 7

The Cruise In celebrates Regina's automotive history with Monster Truck Rides, a Street Car Challenge, a Show and Shine, live entertainment and more. Admission is free. queencitycruisein.blogspot.ca

I LOVE REGINA DAY

July 6

Celebrate The Queen City with a family event at City Square Plaza & Victoria Park. Activities include a free barbecue and live entertainment, plus face painting and dinobouncers for the kids. regina.ca

REGINA INTERNATIONAL FRINGE THEATRE FESTIVAL

July 10 to 14

The non-profit Regina International Open Theatre Society (R.I.O.T.S.) produces this annual Festival, plus Kid's Fringe — offering affordable, live theatre to audiences of all ages. reginafringe.com

QUEEN CITY EX

July 31 to August 3

The QCX returns this year with indoor and outdoor attractions for all ages. Performers at the Molson Canadian Grandstand include Classfied, Three Days Grace, Loverboy and more. thequeencityex.com

REGINA FOLK FESTIVAL

August 9 to 11

The Regina Folk Festival returns with free daytime concerts and workshops, a children's area, artists' market, food court and more. reginafolkfestival.com

SYMPHONY UNDER THE SKY

August 18

A full orchestral concert at Wascana Park, conducted by Maestro Victor Sawa. This event includes family activities, picnicking and pre-concert entertainment. Admission is free. reginasymphony.com

A TASTE OF THE MIDDLE EAST BAZAAR AND SALE

August 24

An all-day, free event at the Regina Senior Citizen's Centre, celebrating the varied and delectable cuisines of North Africa and the Middle East. Visitors will enjoy dancing, music and folklore. tourismregina.com/events

SASKTEL SUMMER INVASION

August 23 to 25

Three days of sports and music on Wascana Lake. SaskTel Summer Invasion matches pro wakeboarding, skateboarding and freestyle motocross demos with nightly live concerts. summerinvasion.ca

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Changes trumping championship talk

CFL. 'A lot of work to do' with a new offensive co-ordinator, plenty of fresh faces joining Riders

Riders quarterback Darian Durant passes to running back Kory Sheets during pre-season action last Thursday in Calgary. Durant says learning new offensive co-ordinator George Cortez's system is an ongoing process. LIAM RICHARDS/THE CANADIAN PRESS

The 1989 Grey Cup is remembered in Saskatchewan primarily for "The Kick" — Dave Ridgway's game-winning field goal that gave the Roughriders their second CFL championship.

But it's also the only time since the league adopted an 18-game regular season in 1986 that a team just two years removed from a five-win season went on to win the Grey Cup.

That's not the only trend that favours the Roughriders this season. Saskatchewan is also aiming to become the third straight host team to hoist the Grey Cup, after B.C. and Toronto won at home in 2011 and 2012.

While the 2013 Roughriders would love for history to repeat, they're not ready to talk about it yet.

"We can't worry about the Grey Cup right now," said quarterback Darian Durant, returning for his fifth full season as starter.

"We have to take it one game at a time. If we focus on the Grey Cup we'll overlook every team in front of us. We'll deal with that when we come to it but right now we're focused on Edmonton and going 1-0."

This year's Riders actually more closely follow the footsteps of the 2007 Winnipeg Blue Bombers, who went 5-13 in 2005, replaced their head coach for 2006 and went 9-9.

In 2007, Doug Berry's second season as coach, the Bombers added a new offensive co-ordinator (Kit Cartwright) and top receiver (Terrence Edwards) en route to the Grey Cup game, which they lost to Saskatchewan.

Sound familiar?

Saskatchewan's 5-13 record in 2011 led to a massive housecleaning that included bringing Corey Chamblin on board as head coach.

The Roughriders were 9-9 in 2012 and, this January, traded for six-time all-star slotback Geroy Simon three days after replacing Bob Dyce with George Cortez as offensive co-ordinator.

Cortez will be Durant's fifth offensive co-ordinator in as many years since becoming Saskatchewan's No. 1 QB.

Dave Ridgway, right, celebrates his game-winning kick with holder Glen Suitor in the Riders' win over the Ticats in the 1989 Grey Cup. JEFF GOODE/TORSTAR NEWS SERVICE

Dyce remains with the Riders as special-teams co-ordinator after Craig Dickenson left for Winnipeg.

"He's bringing in his system," Durant said of Cortez, who was fired as Hamilton's head coach after guiding the Tiger-Cats to a 6-12 record in 2012. "It's a totally different system than we had and everyone's still learning."

Immediately prior to his stint with the Ticats, Cortez spent two years as quarterbacks coach for the NFL's Buffalo Bills and three years as the offensive co-ordinator for the Stampeders.

"It's one thing to have a system but when you come in, we don't have Nik Lewis and (Ken-Yon) Rambo and (Jermaine) Copeland and those types of receivers he had (in Calgary)," Durant said.

"So even though it's his system, he still has to adjust it to the personnel he has too and ... it's going to take some time, but I'm comfortable with where we are."

Saskatchewan opens its season Saturday in Edmonton against the Eskimos and plays its home opener July 5 against the Calgary Stampeders.

"We still have a lot of work to do," said Durant. "I think we're in good shape. We're healthy. But we have to make sure that we're all in."

The 101st Grey Cup will be played Nov. 24 at Mosaic Stadium.

THE CANADIAN PRESS

Class in session

"We're learning him, learning his tendencies, learning what he likes and being ready to execute the tendencies he likes ... (but) he has to learn us too."

Quarterback Darian Durant on new offensive co-ordinator George Cortez

NHL

'Warrior' Bergeron in hospital with punctured lung

Patrice Bergeron has a punctured lung and is at a Boston-area hospital for observation.

The Bruins forward was admitted Monday night, after Boston lost to Chicago, 3-2, in Game 6 of the Stanley Cup final.

Bruins general manager Peter Chiarelli and coach Claude Julien addressed Bergeron's status Wednesday.

"He played through all of this, and he was a warrior," Chiarelli said. "I can't say enough about his performance and what he did while being injured." THE ASSOCIATED PRESS

World junior hockey

Sutter returning to Canadian bench

Brent Sutter will be back as head coach of Canada's national junior hockey team for the 2014 IIHF world junior championship in Malmo, Sweden, Hockey Canada announced Wednesday. THE CANADIAN PRESS

Wimbledon

Federer falls on chaotic Day 3

Seven-time champion Roger Federer was stunned by 116th-ranked Sergiy Stakhovsky in the second round of Wimbledon on Wednesday, his earliest loss in a Grand Slam tournament in 10 years.

The 27-year-old Ukrainian outplayed Federer, serving and volleying his way to a 6-7 (5), 7-6 (5), 7-5, 7-6 (5) win in one of the biggest upsets in Grand Slam history. The result capped a chaotic day where seven players were forced out by injuries, and Maria Sharapova fell in the second round. THE ASSOCIATED PRESS

CFL opener

"My whole goal is to go out there and lead my team to another championship."

Three-time Grey Cup winner Anthony Calvillo, whose Montreal Alouettes kick off the CFL season Thursday night at Investors Group Field in Winnipeg against the Blue Bombers.

Horoscopes

♈ Aries
March 21 - April 20
You may not be able to explain why something feels right but you know better than to ignore your instincts. Creatively and romantically, you are entering a positive phase. Own it.

♉ Taurus
April 21 - May 21
Don't worry too much about pleasing everyone today because chances are you won't succeed. Instead, decide what it is that needs to be done and just get on with it.

♊ Gemini
May 22 - June 21
You would not be human if what you hear today does not bruise your ego, but you don't have to make a big deal of it. A week from now, it will have no meaning at all.

♋ Cancer
June 22 - July 23
Someone you do business with will offer you some sort of deal, one that could make you a lot of money. That's great but keep your wits about you because it may not be as wonderful as they would like you to believe.

♌ Leo
July 24 - Aug. 23
Venus, planet of emotional and material values, moves into your birth sign today and almost immediately your mood will improve. It will improve even more if you share your love of life with other people.

♍ Virgo
Aug. 24 - Sept. 23
Unexpected events could disrupt your plans over the next 24 hours but it's nothing to worry about. While Mercury, your ruler, is moving retrograde you would be wise to take nothing at face value.

♎ Libra
Sept. 24 - Oct. 23
Venus, your ruler, moves into the friendship area of your chart today, encouraging you to be even more outgoing. A social event could lead to new experiences and maybe even a new relationship.

♏ Scorpio
Oct. 24 - Nov. 22
Cosmic activity in one the best areas of your chart helps you believe all things are possible. People may say you are being overly optimistic but that's not how you see it — and how you see it creates your reality.

♐ Sagittarius
Nov. 23 - Dec. 21
There are many good things going on in your world, many opportunities waiting to be exploited. So why are you hesitating? There will never be the perfect time to take action, there will only ever be now.

♑ Capricorn
Dec. 22 - Jan. 20
Someone will make you a tempting offer and although you may want to take it, you can't help thinking there is a catch. Don't worry – there isn't.

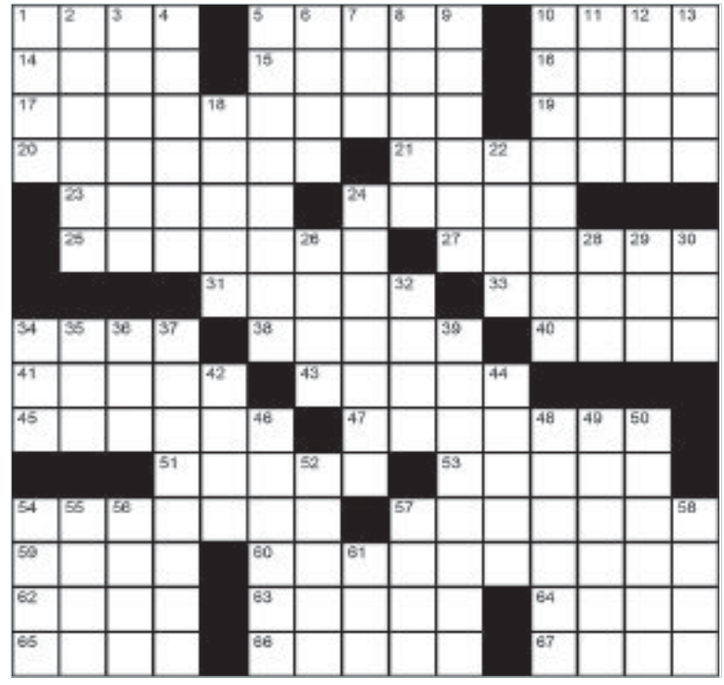
♒ Aquarius
Jan. 21 - Feb. 19
Partnerships of all kinds are under good stars today, so if there is someone you want to get close to, one-to-one, now is the time to make your move. You're not as dispassionate as some people say. Prove it.

♓ Pisces
Feb. 20 - March 20
No matter how much of an expert you are, there will always be someone who knows more than you. The planets suggest you will meet such a person today. Learn something new. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

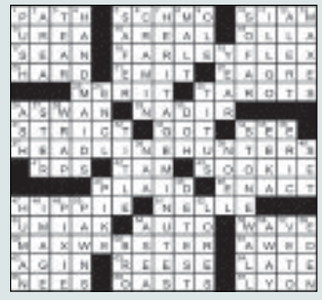
BY KELLY ANN BUCHANAN



Across
1. Theo __, "Canadian Idol" Season 6 winner
5. "You can ___ horse to water..."
10. Jiffs
14. Norwegian king, variantly
15. Go on ___ (Try Jenny Craig, say)
16. Birthstone
17. Saskatchewan's CFL team's website, __.com
19. Greek salad cheese
20. Tidy up again
21. Kick up a fuss
23. Birth-related
24. Singer, Billy Ray __
25. Bee participant
27. Resounded
31. Boundary lines
33. "__ Tonk Women" by The Rolling Stones
34. Stoker of scary stylus
38. Son of The Munsters
40. Summers: French
41. Type of headache
43. MP from Newfoundland, Scott __
45. Plum __, Manitoba
47. One holding the retractable measuring device, say
51. Houston's home
53. People: German
54. Filing __
57. 1967 Sam & Dave hit: 2 wds.
59. CEO's "Quick!"
60. Michael J. Fox's "Back to the Future" (1985) role: 2 wds.
62. "__, Interrupted" (1999)
63. Carpentry tool
64. Caddie's pieces
65. Not difficult
66. Uptight
67. 'Scor' add-on
26. Approx. take-offs
28. Ottawa's prov.
29. Make money = __ out a living
30. Prefix to 'functional'
32. Earth's crust layer
34. Particular letters for a grad
35. Summer Olympics site in 2016
36. Babylonian sky god
37. In math, do this: x
39. Company's worker
42. Visible
44. No-__-__ (Biting midge)
46. Excused from
48. Fines
49. Money-from-the-wall charge: acronym + wd.
50. Tennis great Mr. Fraser's
52. Charles Dickens novel, __ of Two Cities: 2 wds.
54. Coop
55. __ Minor
56. Pubs
57. Catch trains at them, for short
58. NASDAQ rival
61. Sprinted

Down
1. Unit of pressure
2. Martians
3. Like a Marx Brothers comedy
4. Slender
5. "O Canada" music composer, Calixa __ (Director Martin)
6. __-__-Chief (Newspaper job)
7. Garlic: French
8. Actress, Julie __
9. Pied-__-__ (Temporary housing)
10. Type of tap dancing
11. Bit of the French (b.1842 - d.1891)
12. Some pets
13. Blinds strip
18. Domain
22. "Band-Aid ..quick!"
24. Lists at the end of movies
part of "O Canada": "Car ton bras sait porter l'__ / Il sait porter la croix!"

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

3			4	5	7			6
					6	9		
	1	7	3			2		
1	4		8		9	5		2
5								8
8		6	5		3		1	9
		5			4	8	2	
		4	9					
7			6	2	5			4

Yesterday's Sudoku

5	3	2	4	6	7	9	8	1
9	7	8	1	2	3	4	6	5
4	1	6	5	9	8	3	2	7
3	4	7	2	8	6	1	5	9
2	8	5	9	3	1	6	7	4
1	6	9	7	4	5	2	3	8
8	9	4	3	7	2	5	1	6
7	5	3	6	1	9	8	4	2
6	2	1	8	5	4	7	9	3

Over 100 years ago, the University of Regina began its history at the College Avenue Campus and it is now time to restore and revitalize the campus for the future benefit of our students and the community.

To learn more, see our website: www.uregina.ca/building-knowledge

University of Regina

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The College Avenue Campus Renewal Project